

American Archaeology Magazine Featuring Squaxin Fishing Site to Hit Book Stores This Month

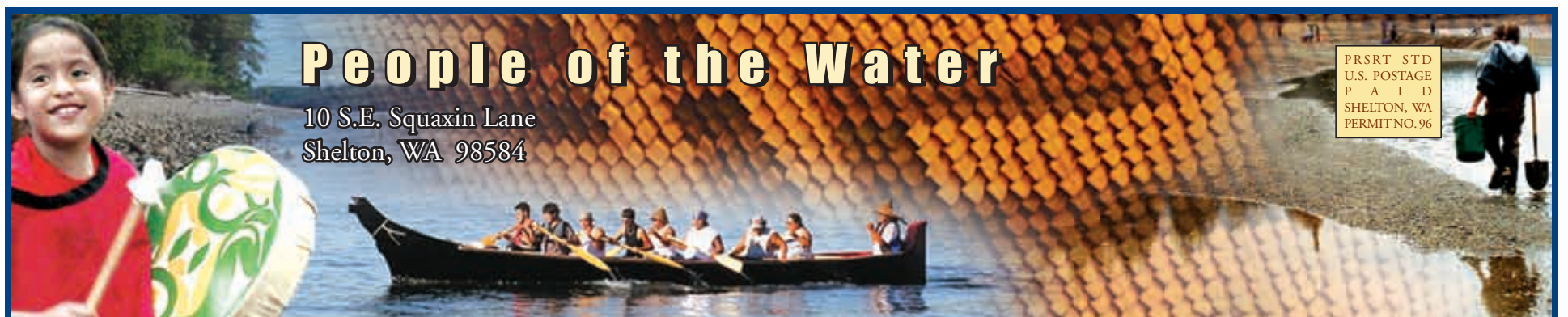
The new American Archaeology magazine is hitting book stores, including Barnes & Nobles, this month and it features the Qwu?gwes fishing site on the front cover!

You can reach it at: <http://www.library.spscc.ctc.edu/crm/AmericanArchaeologyMagazineWinter20078.pdf>. Jolene Grover is in the cover photo!

Qwu?gwes will be celebrating 10 years of discovery this summer and Squaxin Island tribal members will be the -focus of that celebration. It is hoped that you all will set aside some time in your busy schedule this summer to participate in a number of activities being planned.

"As a Squaxin Tribal member its vital to have an understanding of our culture," Jolene said. "Having an ancient archaeological dig site is beneficial in helping preserve traditional ways of the past and identifying the ways of our ancestors.

Being both a Tribal Member and a student at South Puget Sound Community College was a very special experience. Working on site and gaining the scientific knowledge helped me obtain a better understanding of the entire process. This field school experience and opportunity has opened several doors for my life."



People of the Water

10 S.E. Squaxin Lane
Shelton, WA 98584

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New Employees



Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
TOLL FREE: 877.386.3649
FAX: (360) 426-6577

www.squaxinisoland.org



Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

JIM PETERS: Chairman
ARNOLD COOPER: Vice Chairman
VINCE HENRY: Secretary
RUSSELL HARPER: Treasurer
WILL PENN: First Council Member
PETE KRUGER: Second Council Member
CHARLENE KRISE: Third Council Member

Klah-Che-Min Staff:
THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.nsn.us



Annie Ruddell *Paralegal Trainee*

Hi. My name is Annie Ruddell. I am the new Paralegal Trainee in the Legal Department. I am currently taking classes at SPSCC as well as spending time in the office. I am a tribal member and live in the community with my three children: Lilly, Oscar and Nadine Ruddell. This is my first time working for the Tribe and I am really happy to be here.



Kasia Krise *Office Assistant Youth Trainee*

Hi, my name is Kasia Krise. I'm the mother of two wonderful boys, TJ and Johnathan Seymour. I live here on the reservation and I am now working with the Squaxin Island Legal Department. I enjoy my job here and everyone has been great. Well see you all around...
~Hoyt~



Kathryn Breda *Budget Coordinator*

I am happy to have joined the Finance Department as Budget Coordinator. I am a CPA and have a professional background in Accounting and Finance primarily with public utilities. While not working, I enjoy time spent with my family, golf, gardening and oil painting.



Tribal Council Resolution

07-73B: Rescinds Resolution No. 07-73A and reinstates, in its entirety, Resolution No. 06-31.



Merry Christmas from the Squaxin Indian Bible Church!

We will be having a Christmas service on the 23rd of Dec. 2007 at 11:00 a.m. We are in the Simpson room in the Museum. You are all welcome. There will be treats, and Christmas singing and a Christmas Message from Pastor Ron. Kathy will have a Christmas story for the children. We wish you all a Blessed Christmas and a Happy New Year.

- Pastors Ron and Kathy Dailey

Hoping Everyone Had a Great Fishing Season and You Get Lots of Rest Now!!!

Photo by Olena: Dave Johns, Tyler Johns, Justin Johns, Nicholas Cooper and Doug Johns (sorry can't tell who has their back turned:)



Learn How to Make Moccasins

Where: MLRC classroom
When: 1:00 - 4:00 p.m.
Date: January 17, 2008

Seating is limited sign up now!
MLRC/ Tourism will provide all supplies.
Contact person: Ruth Whitener
360-432-3841
Ruth.whitener@squaxin.nsn.us



Safety Alert Notice Child Development Center.

We are experiencing an increased number of vehicles failing to stop for the school bus while loading or unloading at 3851 SE Old Olympic Highway both in the morning 8:15-8:20 a.m. and afternoon 4:00-4:05 p.m. Please get the word out to everyone you know to **be careful when driving near the Child Care Center.** We love our children and don't want any of them hurt.

We Now Have an Enrollment Committee

The committee will meet on the second Tuesday of each month at 9:00 a.m. in the Administration Building Training Room.

The Enrollment Committee gives advice to the Tribal Council. They will provide recommendations to Council regarding changes in enrollment and are encouraged to discuss any changes to policy, requirements and the process of enrollment.

The Committee had its first meeting on October 30th, 2007, when members attended training at Quinault and held its second meeting on November 13th, 2007. The Committee welcomes your comments and suggestions. The Committee is learning all about enrollment and the challenges faced by the Tribe, its members and those who would like to be enrolled.

Members are:

Vicki Kruger ~ Chair
Misti Saenz-Garcia ~ Vice-Chair
Liz (Johns) Yeahquo ~ Secretary
Margaret Henry ~ Member
Mary Whitener ~ Member
Paula Krise Henry ~ Member
Arnold Cooper ~ Member
Charlene Krise ~ Council Rep.

Staff assistance:

Tammy Ford ~ Enrollment Officer
Melissa Puhn ~ Recorder
Kevin Lyon ~ Attorney
Stephanie Nichols ~ Attorney



Tea is Good for the Soul and the Body! *And it makes great, healthy Christmas gifts!*



Dee's Tea Christmas Special

Owner and Tea Consultant is tribal member Dee King!

Black Teas

English Breakfast
Naturally Decaf English breakfast
Blackberry
Black China Tea

Red Tea

Rooibos Lemon Chiffon (Red Tea)

Green Tea

Organic Peppermint
Tropical Cyclone Green Tea

Yerba mat'e (Organic green tea)

Fruit Tea

Fruit Paradise

Any two 3-ounce teas (tins) or any two tea sacks (20 tea bags in each) for \$16.50!
Call Dee at 427-7453.

WomenSpirit Coalition Receives Award

Gloria Hill - WomenSpirit Coalition, received an award from Thurston Council on Cultural Diversity and Human Rights Program,

The plaque says, "WomenSpirit Coalition - Unique Achievement - Human Rights Award 2007." It was a great honor for our program to be recognized. We did a televised interview that will air on TCTV, but we don't know the date. It was my first experience being recorded for television, so I was nervous to say the least.

I cannot forget to mention the ED of WomenSpirit Coalition, Dee Koester and Mireya Beltre, our Community Relations Manager. It has been great working with both of you! We've made it through our first year. Yay! I want to say 'thank you' to Michael, Marissa, Terri, Lachelle, Dusty, Koreena and Elena, for showing your support for the work I do with WomenSpirit Coalition and getting this award. I love each of you, it meant a lot to me that you were there.

Also, Elena, thanks for leading us in a song.

Congratulations Newlyweds!!!



Mitch Carrington and Susan Hendrickson
were married at the Skokomish Assembly of God Church
December 15, 2007 at 2:00 p.m.



TRANSPORTATION PLANNING



The Squaxin Island Tribe transportation system provides **healthy and safe access** to housing, employment, economic development, health/social services, education, culture, and other treaty rights. It includes **Tribal and Non-Tribal** routes, projects, and programs. It includes the **Squaxin Island Reservation and beyond**, designated routes stretching from Olympia to Shelton to Harstine Island to Elma.

The Squaxin long-range transportation plan (including the transit plan) will consider **improvements** to safety and access, **maintenance** to keep what we have in good shape, and **funding** to pay for these programs and projects.

As a tribal member, community member, employee, service provider, visitor, or customer, **your input is valuable**. Please complete this survey. **Return it to any Squaxin staff or return it directly to Lynn Scroggins, SE 10 Squaxin Ln, Shelton, WA 98584.** Surveys completed by February 10, 2008 and containing a name and phone number will be entered in a **raffle**. Questions? Contact Planners Lynn Scroggins or Penni Giles at (360) 432-9781 or at lscroggins@squaxin.nsn.us or pgiles@squaxin.nsn.us.

Thank you for your time and input to make a difference for the People of the Water!



Transportation Planning Survey

Your input is valuable. Please complete this survey.

Questions? Contact Lynn Scroggins at (360) 432-3952 or lscroggins@squaxin.nsn.us.

1. About myself (check all that apply):

I am a Squaxin

Tribal member ____ Community member ____ Employee ____

Service Provider ____ Visitor or customer ____

I live

On Reservation ____ Near Reservation ____ Off Reservation less than 15 miles away

Off Reservation more than 15 miles away ____

I am

Over age 65 ____ Under age 16 ____

With mobility limitations such as a wheelchair or walker ____

Contact Information

Name ____ Phone ____

2. My priorities

(check all that apply):

	High	Medium	Low	No
.. Roads	___	___	___	___
.. Bridges	___	___	___	___
.. Trails for biking, walking	___	___	___	___
- Street and pathway lights	___	___	___	___
.. Transit buses, vans, shelters	___	___	___	___
.. Markers and signs – which	___	___	___	___
.. ORV trails and areas	___	___	___	___
.. Trucks and freight	___	___	___	___
.. Economic dev., jobs, and tourism	___	___	___	___
.. Natural and cultural resource protection and enhancement	___	___	___	___
.. . . .	___	___	___	___
.. Traffic safety and law enforcement	___	___	___	___
- Emergency Management	___	___	___	___

3. About Squaxin Transit (check all that apply):

.. I've tried ____ Not tried ____ riding a city or regional bus

.. I've tried ____ Not tried ____ Squaxin Transit bus

.. I ride Squaxin Transit: More than once a month ____ Less than once a month ____

.. I **need** rides to work ____ school ____ social/health services ____ tribal activities ____ other ____

.. I **receive** rides to work ____ school ____ social/health services ____ tribal activities ____ other ____

.. I **provide** rides to work ____ school ____ social/health services ____ tribal activities ____ other ____

- I would ride Squaxin Transit more if there were: Better hours ____ Better routes ____

Better buses ____

Better connections with other transit services ____

4. Your top three concerns/problems regarding transportation needs for the Squaxin Island Tribe?

6. Your proposed solutions to these concerns/problems?

7. What transportation projects and programs would you like to see developed?



How Can I Use My EITC Refund to Improve My Family's Financial Situation?

Instead of using your Earned Income Tax Credit (EITC) refund to make unplanned purchases, you may want to consider ways to make the most of your refund by focusing on how to improve your family's financial situation. This may require some planning because you don't want to be in a situation where you've already "spent" your refund before you get it.

Think about the following:

Debt Elimination. If you have high debt and/or problems with your credit, using your EITC refund to eliminate debt may be the best thing you can do to improve your financial standing. Some families with the goal of repairing their credit histories in order to buy a home may have put together a spending plan to lower their monthly expenses and pay off existing debt. Receiving a lump sum payment is an excellent way to jump-start the implementation of that spending plan.

Savings. You can plan to deposit at least a portion of your refund in a savings account to help you save for necessary, large purchases rather than use credit. Paying cash for a purchase will eliminate added financing costs and help to minimize getting over-extended with credit. You can also use your savings for retirement planning.

Individual Development Accounts (IDA's). IDA's are programs to help low and moderate-income working families increase their savings. They are "matched savings accounts" in which deposits you make are matched by contributions from the sponsoring organizations. IDA's are designed to help participants obtain some kind of asset like a down payment for a home, college education or job training, a computer, a car, or small business financing. Check with your tribal government or local nonprofit to see if IDA programs are available in your community.

You can learn more about each of these options by participating in a personal financial education course. Look for opportunities in your community to attend a class that can help you achieve your financial goals and maximize the impact of your EITC refund.

Free Tax Preparation Site (Basic Returns)

Tu Ha' Buts Learning Center
January 15- April 17, 2008
Tuesday and Thursday evenings
By appointment only
4:30 p.m. – 7:30 p.m.

MAKE TAX TIME CASH TIME!

The Squaxin Island Tribe – Office of Housing will be sponsoring a FREE TAX PREPARATION SITE for the 2007 tax year. The site will be open to the public and operating two evenings a week from January 15 – April 15, 2008.

Don't pay high or unnecessary fees to a commercial taxpayer! Use your free local tax prep. site.

THINK OF THE MONEY YOU WILL SAVE!

Call Lisa @ 432-3871 to schedule an appointment.



ATTENTION:

Housing Waiting List Applicants...

REMINDER: If you are on the Squaxin Island Tribal Housing Waiting List, it is time to update your housing application. Office of Housing will do a mailing to all applicants January 2008. The updated application will be mailed to the last known address that the Office of Housing has for you. If you have recently moved or have a change of mailing address please call Diane Stymacks, Occupancy Specialist, at (360) 432-3863. **If you do not update your address to receive the update application and/or do not update your application by March 31, 2008 your name will be removed from the housing waiting list.**

Upcoming Events

One-on-One Credit Counseling

Administration Bldg. 2nd Floor
January 3, 2008
By appointment only
4:30, 5:30, 6:30

Building Native Communities Financial Skills for Families

Administration Bldg. 2nd Floor
January 8, 9 and 10, 2008
5:00 – 8:00

Free Tax Preparation Site (Basic Returns)

Tu Ha' Buts Learning Center
January 15- April 17, 2008
Tuesday and Thursday evenings
By appointment only
4:30 p.m. – 7:30 p.m.

If you have any questions about the scheduled classes or would like to attend, please contact Lisa Peters@ 432-3871.

The OOH asks that you call to reserve a seat if you plan to attend a workshop.



Squaxin Island Tribal Council

Winter General Body Meeting

January 12th, 2008

9:00 a.m. in the
Squaxin Gymnasium.

Lunch will be served at noon!

Any questions?
Please call
426-9781.



Drug and Alcohol Awareness Dinner

People are dying right and left. Children are losing parents, and families are saying good-bye to loved ones prematurely. We aim to raise awareness.

To raise awareness about the effects that drugs, alcohol, trauma and grief & loss have on individuals, families and communities, and to provide resources about the same, we aim to bring families together for support and to facilitate the healing and recovery process. There will be a candlelight vigil to give community members the opportunity to memorialize their loved ones who have been lost due to drugs or alcohol.

Sunday, January 27

3:00

Tribal Gym

Free stuff:

Food, tee shirts and gift basket raffles

Guest Speakers Include:

Mothers Against Drunk Driving

Students Against Drunk Driving

Sally Heath

Bill Woolsey, Cellio Native

Line Dancing

Let's get up and get moving and have fun at the same time.

Line dancing classes will begin

January 9, 2008 in the gym.

When:

Mondays and Wednesdays at noon

Where:

TLC Gym

How much?

2\$ per class

For more info:

Call Janita Johnson 432-3972



TU HA' BUTS LEARNING CENTER



Computer Lab

Computer Lab is open and will be available Monday through Thursday from 3:30 to 6:00 p.m., and Friday from 3:30 to 5:00 p.m. in TLC. Students and parents must read, complete and sign the TLC Computer Use Agreement before students are allowed to use the computers. The Computer Lab is open to adults from 9:00 a.m. to 5:00 p.m. The computers are intended to be used for educational purposes, homework, research and reports, etc.

Tutoring

Private tutoring sessions will be offered in TLC. A certified teacher will be available for private individual tutoring sessions. If your child needs a little extra help in any academic areas, please call to schedule an individual tutoring session. Please be aware that there is often a waiting list for these services. Call Lisa Evans at 432-3882 or stop by TLC to schedule your appointment.

Higher Education

The deadline to apply for funding for winter quarter 07/08 quarter was Monday, December 10, 2007 by 5:00 p.m. If you need assistance with higher education paperwork, please give me a call, Lisa Evans 432-3882. Please see the Higher Education Calendar for important dates and deadlines.


Squaxin Youth Cultural, Educational and Activities Calendar

January 2008

Co-Sponsored by DASA

All activities are Drug, Alcohol and Tobacco Free!!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Computer Lab is open Mon-Thur 3:30-6pm and on Friday 3:30-5pm</i>	<i>Homework Help is avail- able Mon-Thur From 3:30-5:00!!</i>	1 <u>No School</u> <u>Winter Break</u>	2 CLOSED!!	3 CLOSED!!	4 CLOSED!!	5
6	7 <i>3pm Board Games 3pm Snack/Wii 3:30-6pm Basketball</i>	8 <i>3pm Board Games 3pm Snack/Wii B-Ball 4:30-6pm</i>	9 <i>B-Ball 3:30-6pm 3pm Ping Pong 5pm Youth Council</i>	10 <i>3pm Board Games 3pm Snack/Wii B-Ball 4:30-6pm</i>	11 <i>3pm Snack 4pm Movie/Wii 3pm Board games</i>	12
13	14 <i>3pm Board Games 3pm Snack/Wii 3:30-6pm Basketball</i>	15 <i>3pm Board Games 3pm Snack/Wii B-Ball 4:30-6pm</i>	16 <i>Shelton early release! B-Ball 3:30-6pm 3pm Ping Pong 5pm Youth Council</i>	17 <i>B-Ball 3:30-6pm 3pm Ping Pong 3pm Snack</i>	18 <i>3pm Snack 4pm Movie/Wii 3pm Board games</i>	19
20	21 <i>MLK Day!!</i> 	22 <i>3pm Board Games 3pm Snack/Wii B-Ball 4:30-6pm</i>	23 <i>B-Ball 3:30-6pm 3pm Ping Pong 5pm Youth Council</i>	24 <i>3pm Board Games 3pm Snack/Wii B-Ball 4:30-6pm</i>	25 <i>3pm Snack 4pm Movie/Wii 3pm Board games</i>	26
27	28 <i>3pm Board Games 3pm Snack/Wii 3:30-6pm Basketball</i>	29 <i>3pm Board Games 3pm Snack/Wii B-Ball 4:30-6pm</i>	30 <i>B-Ball 3:30-6pm 3pm Ping Pong 5pm Youth Council</i>	31 <i>B-Ball 3:30-6pm 3pm Ping Pong 3pm Snack</i>		<i>Any Questions Call: Mark Snyder 701-1561 Bill Kallappa 463-6361</i>



College Information

UW Undergraduate Evening Degree Program.

The Evening Degree Program serves peoples who would like to complete a bachelor's degree in the evening at the University of Washington in Seattle. These programs of junior and senior level courses lead to a bachelor's degree. Evening degree courses, which are the same high quality as day courses at the University, are taught by UW faculty. Most classes meet one or two evenings per week, for two and a half years, starting at 4:30 or 7:00 p.m. The majority of evening students complete their degrees in two to three years.

Scholarship Corner

SPSCC Archaeological Field School

Archaeological Field School, South Puget Sound Community College (Anthropology): The MLRC has received a scholarship to fund one Mud Bay Archeological Field School student for the summer of 2008. You must be an enrolled Squaxin Island tribal member undergraduate who has had some social and/or natural sciences training and limited to NO field experience. Interested students are required to write a letter of application to the MLRC. The letter should include the following information: Background information; educational interest and plans; information that demonstrates applicant's initiative, positive attitude and inspiration; special or relevant skills and activities. Students must attach a copy of their most recent college transcripts that demonstrate coursework/previous field/lab experience, and Anthropology and related courses, year in school, major and cumulative GPA. Application deadline is 5:00 p.m. on Friday, May 16, 2008. Submit applications to: Lisa Evans, Education Assistant; Squaxin Island Tribe Education Dept.; SE 70 Squaxin Lane; Shelton, WA 98584. You may also fax to, Attention: Lisa at (360) 426-7897, or email to levans@squaxin.nsn.us.

WINS Government

Agencies Internships

WINS provides a professional, real-world experience, ideal for jump starting a career or enhancing a graduate school application. Internships are available in a variety of fields within leading government agencies and other organizations, including local law firms. Take advantage of this great opportunity to live, learn, and intern in Washington, DC with WINS, hosted at American University. If selected for this capital city program, the sponsoring internship organization will pay for your tuition, books, housing, meal plan, and transportation costs. If you have any questions about the application process or the requirements, please visit the web site at <http://www.american.edu/wins>. All forms are available

through the web site. You may also contact WINS at (202) 885-5934 or 1-800-853-3076 as well as email at wins@american.edu.

Higher Education Coordinating Board

Accepting applications for the 2008-09 American Indian Endowed Scholarship (AIES) awards. In an effort to better assist students with their educational planning and to bring the scholarship selection cycle in line with the awarding of other financial aid, the application deadline date is February 1, 2008. The application is available in electronic format on the HECB Web site at: <http://www.hecb.wa.gov/paying/waaidprgm/aies.asp> The application may be completed online, however, a hard copy must still be printed signed and to the HECB: HECB, Student Financial Assistance Division, 917 Lakeridge Way, PO Box 43430, Olympia, WA 98504-3430.

Morris K. Udall Native American Congressional Internship

This program is a ten-week summer internship in Washington, DC, for Native American and Alaska Native undergraduate, graduate and law students. Students experience an insider's view of the federal government and learn more about the federal government's trust relationship with tribes. Students are placed in Congressional offices, committees, or select agencies. The Foundation provides round-trip airfare, housing, per diem, and a \$1,200 educational stipend. Application deadline is January 31, 2008.

Morris K. Udall Scholarship

This program awards eighty \$5,000 merit-based scholarships for college sophomores and juniors seeking a career in tribal health, tribal public policy or the environment. Scholarship recipients participate in a five-day orientation in Tucson, AZ, to learn more about tribal and environmental issues through discussions with experts, their peers, and members of the Udall family. Application deadline is March 4, 2008. We encourage you to visit our website at www.udall.gov to learn more about our programs and share our materials with college students from your community. Interested students may contact us directly by email or phone. We look forward to working with you.

For more information on scholarships and a complete scholarship listing, please contact: Lisa Evans, Education Assistant @ (360) 432-3882 Or by email at levans@squaxin.nsn.us.



TLC Youth of the Month

TLC is going to give a Youth of the Month award for the after school program. These youth will be selected by TLC after school staff and will be chosen on criteria given by the TLC after school staff.

The first recipient of the TLC Youth of the Month award is Kira Coley! Kira is a great help during the after school program and a good role model for the younger kids. She is always willing to help and can often be found cleaning up the rec. room without being asked by anyone. She is positive and always in a good mood and models good behavior for our younger kids. It is with great pleasure that the TLC after school staff present the Youth of the Month award for the month of December, 2007, to Kira Coley! Thank you Kira, we appreciate all you do for the after school program!!

- TLC After School Staff

Learning Center Hours

Kim Cooper	8:30 – 5:00	432-3904
Walt Archer	7:30 – 4:00	432-3826
Lisa Evans	8:30 – 5:00	432-3882
Mark Snyder	10:00 – 8:00	701-1561
Bill Kallappa	10:00 – 8:00	432-3992
Vanessa Algea	10:00 – 8:00	432-3876
Stephanie Weaver	3:00 – 8:00 M-Th	432-3876



COMMUNITY



Happy Birthday

Aaron Evans 1/1
Jessica Solano 1/1
Nancy Moore 1/1
Patrick Braese 1/2
Tory Hagmann 1/2
Mary Cruz 1/4
Mary Garrett 1/4
Aaron Peters 1/4
Two Hawks Krise Young 1/5
Holly Henderson 1/5
Lametta LaClair 1/5
Christopher Stewert 1/5
Samantha Ackerman 1/6
David Whitener, Sr. 1/6
Sherry Whitener Haskett 1/6
Lincoln Villanueva 1/6
Charlene Blueback 1/7
Kaleb O'Bryan 1/7
Zachery Clark 1/7
Melissa Whitener 1/7
Shila Blueback 1/8
Francis Cooper, Jr. 1/8
Meloney Hause 1/8
Patti Riley 1/8
Deanna Hawks 1/9
Emma James 1/9

Janita Meyer 1/9
Paula LaFlame 1/9
Isaac Ackerman 1/10
Stephanie Peters 1/10
Tiffany Valderas 1/10
Natasha Gamber-Chakos 1/11
Cassidy Gott 1/11
Patricia Green 1/11
Darlene Krise 1/12
Marvin Campbell 1/13
Connie Whitener 1/13
Sheena Glover 1/14
Carrie Smith 1/14
Kayla Peters 1/15
Shelby Riley 1/16
Whitney Jones 1/17
Leanora Cruz 1/17
Barbara Cleveland 1/17
Tristen Coley 1/17
John Ackerman 1/18
David Dorland 1/18
Lorna Gouin 1/18
Ruth Whitener 1/19
Santana Sanchez 1/20

Leonard Hawks III 1/20
David Michael Bear Lewis 1/20
Jacob Campbell 1/21
Traci Lopeman 1/21
Shawnell Lynn McFarlane 1/22
Kahsai Tiefel Gamber 1/22
Percy James Welcome 1/22
Guy Cain 1/23
Linda Jones 1/23
Dawn Sasticum 1/23
Miguel Saenz-Garcia 1/24
Jace Merriman 1/25
Margaret Seymour-Henry 1/25
Robert Lacefield 1/26
Myeisha Little Sun 1/26
Dakota Hodge 1/26
Emily Baxter 1/27
Guy Cain 1/27
Amanda Larios 1/27
Cheryl Melton 1/27
Rebeckah Ford 1/28
Sharleina Henry 1/29
Buck Clark 1/30
John Parker 1/30
Nikolai Cooper 1/31
Alicia Obi 1/31
Brandon Stewert 1/31

What's Happening

	1	2	3	4	5
		Family Court		AA Meeting 7:30	Good News Book Club 10:30
6	7	8	9	10	11
Squaxin Indian Bible Church 11:00 a.m.		Criminal/Civil Court		Council Mtg.	AA Meeting 7:30
					Good News Book Club 10:30
13	14	15	16	17	18
Squaxin Indian Bible Church 11:00 a.m.					AA Meeting 7:30
					Good News Book Club 10:30
20	21	22	23	24	25
Squaxin Indian Bible Church 11:00 a.m.		Criminal/Civil Court		Council Mtg.	AA Meeting 7:30
					Good News Book Club 10:30
27	28	29	30	31	
Drug/Alcohol Awareness Dinner 3:00					

Who Is it?



Sue Whitener/Snipper



HEALTH & HUMAN SERVICES



World Diabetes Day Was November 14th!

Thanks to Chris Tholstrom of Novo Nordisk Pharmaceuticals for the delicious lunch from Bayview Thriftway served at the Elder's Building in honor of World Diabetes Day. The thirty – two people who attended heard from Patty Suskin, Diabetes Coordinator, about the growing numbers of Native Americans with diabetes & offered some tips for those with diabetes to live a long, healthy life. Diabetes Screening was conducted throughout Diabetes Awareness Month at Little Creek, SPIPA and the Tribal Center. If you have questions about diabetes, or want more information about our support group, Contact Patty Suskin at (360)432-3929 or stop by the health promotions building across the parking lot from the clinic.



Tribal member Donna Wood attends World Diabetes Day lunch - shown here with Patty Suskin

Upcoming Health Events

DIABETES FOOT EXAM MORNING

Tuesday, January 29th, 9 to 11 a.m. at the clinic

Dr. Molina Kochhar, Podiatrist (foot doctor)

If you have diabetes, come have your feet checked!

People without diabetes as spaces are available.

Contact Patty for an appointment

BRIEF COMMUNITY WALK

Every Thursday at 12:40 p.m.

Meet at the Elder's Building after senior lunch

COMMUNITY HEALTH WALK

Thursday, January 20th

Meet at Elder's Building at 12:40 for

a 20 minute walk around the REZ

All SPIPA tribes will be taking a walk in their area at the same time- for diabetes prevention!

Help us win the Walking Stick!

A walking stick was donated

by a Skokomish community member.

The Tribe with the most walkers each month wins the walking stick for that month.

We won it in July . . . can we get it back in Jan.?

MAMMOGRAMS

& WOMEN'S HEALTH EXAMS

Jan. 15th, from 9:00 a.m. - 3:00 p.m.

Contact Rose Algea (360) 432-3930

SMART SHOPPING/ FOOD LABEL READING WORKSHOPS

Contact Patty to schedule a family & friends session

HEALTH PROMOTIONS

We have exercise videos

(Sit & Be Fit, Yoga, Walk Away the Pounds & more)

You can come & use them in the building across from the clinic.

Work out alone, with us, or with a group

INTERESTED IN LIFESTYLE BALANCE PROGRAM?

If you are Native American & over 18, see if you qualify to participate in this 16-week workshop to improve your health by changing your nutrition and activity.

Call Janita Johnson at 432-3972

FREE PILATES CLASSES

Community members welcome

Mondays and Wednesdays

4 – 5:00 p.m. at the Health Promotions

Questions?

Contact Patty Suskin @ 432-3929

or

Janita Johnson @ 432-3972



Tribal council member Russell Harper has his blood sugar checked by Tribal member Janita Johnson when Janita & Patty Suskin screened for diabetes at the lunchroom.

If you missed our screenings & would like to be checked, please contact:

Janita 432-3972

or

Patty 432-3929.



Make Your Weight Loss Resolution Attainable

Modified from The Olympian by Patty Suskin - Did you make a New Year resolution to lose weight? Many people enter the year worried about their weight and any weight gained over the holidays. Take a minute to reflect so that you set realistic weight loss goals. A half pound to 1 pound weight loss a week is realistic. Avoid doing bad things to your body with ridiculous diets.

How will you decide on the weight loss method that is right for you? Choose a method that you can follow for life. Yes, people do lose weight when they follow the current fad diet. Most people, however, do not keep the weight off. For example, people can lose weight on the Atkins diet, but they gained it all back. The very foods that they all but eliminated eating they had come to crave and overeat.

If you want to lose weight, keep these tips in mind for success:

Eat three meals a day. This is a cardinal rule. Most people with a weight problem do not eat three meals a day. They skip meals in hopes of losing weight but then overeat at dinner and throughout the evening. See www.mypyramid.gov for info on what is healthy eating.

Eat every three or four hours. This allows you to eat often, which keeps your stomach and mind content and prevents cravings. The body likes to receive food frequently for energy. Almost everyone who eats regularly throughout the day then eats less at night.

Check your beverages. Did you know that a 12 ounce can of soda contains about 160 calories? By switching to water, you can save calories and reduce potential problems with cavities with the 10 or so teaspoons of sugar soda contains.

Portions, portions, portions. Eat small portions of starches and protein foods. Restaurants and prepackaged foods have essentially trained us to eat large portions. We think they are giving us one portion that in reality is be two or more. Split a restaurant portion with a friend or take half of it home for another meal.

Eat at least 2 cups of vegetables a day and 2 fruits a day. Try a cup of vegetables at both lunch and dinner or have some as snacks. Move toward more fruit and vegetables. Increase fruit (nature's sugar) and decrease pies, cakes, cookies, etc. to satisfy your sweet tooth. Fill up your plate with vegetables to feel satisfied while you cut back on other foods. Vegetables are low in calories - only 25 calories for a half cup!

Choose one change per week. You are more likely to make permanent changes if you go slowly. Then you can feel successful. It takes 12 weeks to make a new habit. Twelve weeks to learn to eat three meals and two snacks a day. Twelve weeks to eat fruit three times a day every day. You get the idea.

Exercise and start small. A friend began with a huffing and puffing with a one-block walk each day. Within two months, she was walking a brisk 30 minutes with ease. As Nike says, Just Do It!

If you are hungry, eat. Otherwise, you will overeat later. If you get too hungry, you will probably eat until you are too full.

Measure your success on the small changes you are making. Do not measure your success only on how much weight you have lost. It may take weeks or even months of improving your baseline of good eating and regular eating times before you see change on the scale. That is OK. Keep it up and don't be discouraged. Many people feel more energetic and overall better with improved eating even without weight loss.

Do not miss out on how good your body feels with healthy eating.

Patty Suskin is a registered dietitian at the Squaxin Island Tribe. She can be reached for appts or to answer nutrition questions at (360)432-3929.



Foot Exam Morning January 29th for People with Diabetes

Rose Algea knows to take care of her feet! Thank you, Rose, for having your feet checked by Dr Kochhar, Podiatrist, a few months ago. A podiatrist needs to check your feet at least once a year if you have diabetes. Make a habit of taking off your shoes & socks for all visits at our clinic so Dave or Tiff can check your feet at other times.

Foot Care Tips for People with Diabetes:

1. **Look at your feet every day** for red or black spots, ingrown toenails, cracking, dry skin, sores, blisters, or cuts. See your doctor right away for any of these problems.
2. **Keep your skin soft & smooth.** Rub a thin coat of skin lotion over the tops and bottoms of your feet, but NOT between your toes.
3. **Wear shoes & socks at all times.** Never walk barefoot. Wear comfortable shoes that fit well and protect your feet. Feel inside your shoes before putting them on each time to make sure the lining is smooth and there are no objects inside.
4. **Keep your blood sugars in line.** General guidelines (check with your doctor for specific guidelines for you):

Fasting (or first thing in the morning):	80-110
Two hours after a meal:	80-140
Bedtime:	100-140
Hemoglobin A1C:	under 6.5%

These tips can help you to make your feet last a lifetime. Most amputations are preventable by taking quick action if any problems occur. If you have diabetes and are due for your annual exam with Dr. Kochhar, contact Patty Suskin at 360-432-3929.



Emergency Room Guidelines

An emergency may be defined as “a threat to the loss of life and/or limb.” See partial listing under EMERGENCY ROOM listed below.

Contract Health Services will only pay for Priority Level I and Priority II procedures.

Because Contract Health Services does have limited funding, it is required that you use the Squaxin Island Health Clinic whenever possible. If the Clinic is closed, both Shelton Family Medicine (426-2653) in Shelton and Group Health Urgent Care (923-5565) in Olympia have extended business hours. Shelton Family Medicine is open Monday through Thursday from 8:00 am until 8:00 pm; Fridays from 8:00 am until 5:00 pm and Saturday from 8:30 am until 5:00 pm. Group Health Urgent Care is open Monday through Friday from 8:00 am until 8:00 pm and Saturday and Sunday from 9:00 am until 7:00 pm. Either of these offices can advise you on how to handle a medical problem. The care you receive at these clinics must fit the priority levels at which CHS is currently operating **or you will be responsible for the bill.**

Below are some situations in which you might need to go to a Clinic or Emergency Room. Please note that this is not a complete list, and is only meant to provide you with a few examples.

GO TO A CLINIC:

- Earache
- Cough
- Ingrown Finger/Toenail
- Bronchitis
- Minor Cuts & Burns
- Headache
- Colds

EMERGENCY ROOM:

- Amputation
- Heart Attack
- Profuse Bleeding
- Coughing & Vomiting Blood
- Sexual Assault
- Acute Asthma Attack

If you find yourself in an emergency situation, please use Mason General Hospital or St Peter Hospital as the Tribe has a discount with these facilities. Please visit the Hospital's Financial Assistance Department to apply for assistance to satisfy our Contract Health Care requirements if you do not have prior authorization.

How to Reduce Colds & Stay Healthier

Colds are often spread by hands. Proper handwashing can reduce your spreading and getting colds.

Here are some tips:

- **Wash your hands throughout the day.** Here are some times when hand washing is a must:
 - Before, during & after handling food
 - Before you eat, especially if you are eating with your hands
 - After using the restroom
 - After handling animals
- **Cough and sneeze into your elbow instead of your hand.** This way you will not spread germs while opening doors or shaking hands.
- In public restrooms, **use a paper towel to turn the faucet off and to open the door.**
- **Do not share cups and glasses with others**
- **Avoid touching your eyes, nose or mouth, or wash right after.**
- **Get enough sleep**

What is the best way to wash your hands? Rub your hands vigorously with soap & water for 15-20 seconds (about how long it takes to sing the Happy Birthday song twice).

More info at www.cdc.gov/germstopper/materials.htm

Congratulations Raffle Winner

Joanne Decicio

October Women's Health





Bob Whitener, Sr.

In 1953, while David Whitener and I were enrolled in college, we were called to report for a physical for the army. We were granted a deferment, but at the end of the semester, we left college and returned home.

During the summer of 1954, David and my brother, Ronald, went to the draft board in Aberdeen to ask about another deferment for David to enable him to re-enroll in college, but he was told that he had left college and the deferment could not be reinstated. He asked when he would be drafted and was told he was to be called in January of 1955, but Robert Whitener was to be drafted in October of 1954. David and Ronald stopped for lunch in Aberdeen and decided if I was going into the Army in October they would volunteer for the draft and enter the army with me. David, Ronald and I entered the Army on October 27, 1954. We were processed in Portland, Oregon and sent to Basic Training to Fort Or, California. After Basic Training, I was transferred to Fort Bliss, Texas for eight weeks of training with the Army Anti-aircraft Artillery and was then transferred to Camp Hanford, located at Richland, Washington, until I was discharged October 26, 1956.



We called our building Radio Shack and in it were housed a switchboard for telephone, several different models of radios, a state of the FM radio and large plotting boards. All aircraft that flew in Eastern Washington were tracked. The plotting boards were sheets of glass upon which the aircraft position was plotted. The persons working the boards had to write the position backwards to enable the officers on duty to read them. The plotting of the aircraft began when it appeared on the radar and ended when it passed beyond radar.

Other duties included maintaining the telephone lines. Every week someone had to walk or ride in a jeep to make sure the line was operating. The radios had to be serviced on a regular basis. Also we maintained the emergency generators. Several times during the day we had to copy the weather report that was sent as a series of numbers taken at varying altitudes. We kept the machine that had the secret code that had to be changed at random times.

At Camp Hanford, I was told I had shown on tests that radios were of interest to me. My MOS was changed from artillery to communications. Camp Hanford was the home of the 519th Army Antiaircraft Battalion. The battalion consisted of several batteries of 120 antiaircraft guns and one battery of Nike antiaircraft missiles. These units were situated along both sides of the Columbia River surrounding the Hanford Nuclear plants. No entry onto the Hanford reservation was allowed except for authorized personnel. Also, no aircraft was allowed to fly over the reservation.

Who Is This Handsome Protector of Freedom?



William Ray Peters

Siletz Tribe Contributes to Squaxin Island Veterans Memorial



Jim Peters, Chairman of the Squaxin Island Tribal Council and Glen Parker, Chairman of the Squaxin Island Veterans Memorial Committee, received a \$2,500 Memorial Fund contribution check from the Siletz Tribal Charitable Contribution Fund. The contribution will be used to complete construction of the memorial.

Thank you to the Siletz Tribe.



Happy 45th Birthday "Sis"
(Margaret Henry)
Love You Bunches, You're the Best!
From Your "Sis"
and the Seymour Family

Happy Birthday Mugga
Love, Your Tia Connie
Miss You and Love You!

Happy Birthday to My Beautiful Niece
Shawnell
Love,
Auntie Connie

I do not regret any of it
for it taught me to be something
that some people will never learn
for the first time in my life
I feel like a woman
beaten, battered and scarred, maybe,
but isn't that what wisdom is made of?



Happy 2008
Everyone!!!

Mason County Health Challenge 2008

Join the Team of Kamilche Rainwalkers! Please use this form to register for the Mason County Health Challenge. The 12-week Health Challenge will take place between January 14-April 6, 2008. Since we have limited funding to sponsor this activity, we are requesting non-county individuals pay a small entry fee to participate. This entry fee will be used for Health Challenge prizes and periodic raffles to help keep people motivated. The entry fee is \$5 per participant. Please return your completed sign-up sheet and entry fee to Patty Suskin or Janita Johnson by Thursday, January 3rd, 2008. If you have questions, please call Janita x 3972 or Patty x 3929.

Participant Information

Name:

Phone:

Email:

Employer/Department:

Please Select a Competition Group (circle one):

- a. Getting Started (currently gets 30 minutes of exercise 0-2 days/week)
- b. Building Up (currently gets 30 minutes of exercise 3-4 days/week)
- c. Keeping It Rolling (currently gets 30 minutes of exercise 5-7 days/week)

Elders Activities

The elders took in a live musical in Tacoma Dec. 1st, "*Meet Me in St Louis*." We had lunch at Main Chinese Buffet in University Village, and, after the show, we drove through the Tour of Lights at Spanaway Park.



SA' HEH' WA' MISH DAYS



**SA' HEH' WA' MISH DAYS
POW WOW AND ART FAIR
February 16 - 17, 2008**

Little Creek Casino Resort Event Center

91 W State Route 108, Shelton, WA 98584

**EVERYONE WELCOME!
OVER \$10,000 IN PRIZES**

Grand Entry Times:
Saturday @ 1:00 p.m. Sunday @ 12:00p.m.

**Dance Competitions
Prize Money for 1st, 2nd, and 3rd Places**

Princess & Warrior Contests

**Master of Ceremony-Ray Fryberg
(Tulalip)**

**Arena Director-Sonny Eaglespeaker
(Blood)**

Host Drum - Wild Rose (Toppenish, WA)

For Further Information:
Ruth Whitener: 360 432-3839

Vendor Space Available: \$150 per space
(Food Vendors will be outside)
Contact: Leslie Johnson: (360) 432-3838

Special Event Rate Available at Little Creek Casino Resort Hotel
91 W State Route 108, Shelton, WA 98584
For Reservations call: 1-800-667-7711 or (360) 427-7711

Sponsored by: Squaxin Island Tribe, Island Enterprises Inc. &
Squaxin Island Tourism

All proceeds benefit the Squaxin Island Museum

Squaxin Island Tribe and Sa' Heh' Wa Mish Days Committee are not liable
or theft, accident, loss, injury, or damage to personal property.

This is a drug and alcohol-free event!

Federal Disaster Assistance Approved for Individuals and Businesses

Mason County has been included in the Presidential Disaster Declaration for assistance to individuals and businesses impacted by the December 2-4 severe weather and landslides.

Individuals impacted by this disaster must registers with the Federal Emergency Management Agency (FEMA) by either calling the toll free number 1-800-621-FEMA, that's 800-621-3362, or by applying online at www.fema.gov. A link to that site can be found on Mason-County-Daily-News-dot-com.

Mason County Division of Emergency Management will also be coordinating with the State Emergency Management Division and FEMA to set up a Disaster Recovery Center in Mason County for those individuals that may need additional assistance in applying for this disaster aid.

Also, the Governor has announced that the disaster food stamp program will be implemented in counties impacted by the storm on Monday.



Early Evening
February 16
Water Sounds Art Auction
Little Creek Casino
Resort Ballroom
Ruth Whitener:
360 432-3841

Afternoon
February 16
Regeneration of Salish Art
Juried Art Show
Little Creek Casino
Resort Ballroom
Ruth Whitener:
360 432-3841